

ALWAYS

SWIM AT A LIFEGUARDED BEACH



Lifeguards



KNOW YOUR FLAGS



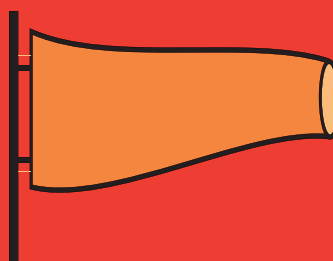
Red and yellow flags
Lifeguarded area: safest place to swim, bodyboard and use inflatables.



Black and white flags
For surfboards, kayaks and other non-powered craft. Never swim or bodyboard here.



Red flag
Danger! Never go in the water when the red flag is up, under any circumstances.



Orange windsock
Shows offshore winds or unsafe water conditions – never use an inflatable when the sock is flying.

For help in finding a lifeguarded beach, visit [rnli.org.uk/beachwise](https://www.rnli.org.uk/beachwise)

RNLI LIFEBOATS, LIFEGUARDS *LIFE FIRST.*